I claim:

1. A grip comprising:

a skin layer having a top surface and a bottom surface;

a 4-way stretchable material layer with a stretchable top surface and a stretchable bottom surface, said top surface of said stretchable layer adhered permanently to said bottom surface of said skin layer; and

a releasable adhesive disposed on said bottom surface of said 4-way stretchable layer.

2. A grip as in claim 1 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

3. A grip as in claim 1 wherein said grip has tapered edges.

4. A grip as in claim 1 wherein said grip has alignment targets disposed along an axis parallel to its length.

5. A grip of claim 4 wherein said alignment targets are approximate to lengthwise ends of said grip.

6. A grip as in claim 1 wherein said skin layer is luminescent.

7. A grip as in claim 1 wherein said skin layer comprises expanded vinyl.

8. A grip as in claim 7 wherein said expanded vinyl has a textured surface.

9. A grip as in claim 7 wherein said expanded vinyl has a smooth surface.

10. A grip as in claim 1 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

11. A grip as in claim 1 wherein said 4-way stretchable material is mylar.

12. A grip comprising:

a skin layer having a top surface and a bottom surface;

a backing layer having a top surface and a bottom surface, said top surface of said backing layer permanently adhered to said bottom surface of said skin layer;

a 4-way stretchable material layer with a stretchable top surface and a stretchable bottom surface, said top surface of said stretchable layer adhered permanently to said bottom surface of said backing layer; and

a releasably attachable adhesive permanently disposed on said bottom surface of said stretchable layer.

13. A grip as in claim 12 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

14. A grip as in claim 12 wherein said grip has tapered side edges.

15. A grip as in claim 12 wherein said grip has alignment targets disposed along its length.

16. A grip of claim 15 wherein said alignment targets are approximate to lengthwise ends of said grip.

17. A grip as in claim 12 wherein said skin layer is luminescent.

18. A grip as in claim 12 wherein said skin layer comprises expanded vinyl.

19. A grip as in claim 18 wherein said expanded vinyl has a textured surface.

20. A grip as in claim 18 wherein said expanded vinyl has a smooth surface.

21. A grip as in claim 12 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

22. A grip as in claim 12 wherein said backing layer material is selected from the group consisting of open cell foam, closed cell foam, elastimer rubber material, felt and paper.

23. A grip as in claim 12 wherein said 4-way stretch layer comprises mylar.

24. A method of manufacturing a safety grip comprising the steps of:

providing a skin layer having a top surface for gripping and a bottom surface;

applying a permanent adhesive to said bottom surface of said skin layer;

providing a 4-way stretchable layer having a stretchable bottom surface and a stretchable top surface, said top surface of said stretchable layer being permanently affixed to said bottom surface of said skin layer by said second permanent adhesive; and

applying a releasable adhesive to said bottom surface of said stretchable layer for releasable adhesion to a hand support system.

25. A method of manufacturing a grip as in claim 24 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

26. A method of manufacturing a grip as in claim 24 wherein said grip has tapered edges.

27. A method of manufacturing a safety grip as in claim 24 wherein said grip has alignment targets disposed along its length.

28. A method of manufacturing a safety grip of claim 27 wherein said alignment targets are approximate to lengthwise ends of said grip.

29. A method of manufacturing a safety grip as in claim 24 wherein said skin layer is luminescent.

30. A method of manufacturing a safety grip as in claim 24 wherein said skin layer comprises expanded vinyl.

31. A method of manufacturing a safety grip as in claim 30 wherein said expanded vinyl has a textured surface.

32. A method of manufacturing a safety grip as in claim 30 wherein said expanded vinyl has a smooth surface.

33. A method of manufacturing a safety grip as in claim 24 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

34. A method of manufacturing a safety grip as in claim 24 wherein said 4-way stretchable layer comprises mylar.

35. A method of manufacturing a safety grip comprising the steps of:

providing a skin layer having a top surface for gripping and a bottom surface;

applying a permanent adhesive to said bottom surface of said skin layer;

providing a backing layer having a backing layer top surface and a backing layer bottom surface, said top surface of said backing layer affixed to said bottom surface of said skin layer by said permanent adhesive;

applying a second permanent adhesive to said bottom surface of said backing layer;

providing a 4-way stretchable layer having a stretchable bottom surface and a stretchable top surface, said top surface of said stretchable layer being permanently affixed to said bottom surface of said backing layer by said second permanent adhesive; and

applying a releasable adhesive to said bottom surface of said stretchable layer for releasable adhesion to a hand support system.

36. A method of manufacturing a grip as in claim 35 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

37. A method of manufacturing a grip as in claim 35 wherein said grip has tapered edges.

38. A method of manufacturing a safety grip as in claim 35 wherein said grip has alignment targets disposed along its length.

39. A method of manufacturing a safety grip of claim 38 wherein said alignment targets are approximately to lengthwise ends of said grip.

40. A method of manufacturing a safety grip as in claim 35 wherein said skin layer is luminescent.

41. A method of manufacturing a safety grip as in claim 35 wherein said skin layer comprises expanded vinyl.

42. A method of manufacturing a safety grip as in claim 41 wherein said expanded vinyl has a textured surface.

43. A method of manufacturing a safety grip as in claim 41 wherein said expanded vinyl has a smooth surface.

44. A method of manufacturing a safety grip as in claim 35 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

45. A method of manufacturing a safety grip as in claim 35 wherein said backing layer material is selected from the group consisting of open cell foam, closed cell foam, elastimer rubber material, felt and paper.

46. A method of manufacturing a grip as in claim 35 wherein said 4-way stretchable layer comprises mylar.

47. A system for providing a secure, safe, releasably attachable grip on a railing comprising:

a railing having a length and cross-sectional circumference;

a 4-way stretchable layer having a inner layer and an outer layer, said inner surface of said 4-way stretchable layer releasably adhered to said railing;

a skin layer wrapped around said 4-way stretchable layer, said skin layer having an outer surface and an inner surface, said inner surface of said skin layer permanently adhered to said outer surface of said 4-way stretchable layer.

48. A system for providing a secure, safe, releasably attachable grip as in claim 47 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

49. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said grip has tapered edges.

50. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said grip has alignment targets disposed along its length.

51. A system for providing a secure, safe, releasably attachable grip of claim 48 wherein said alignment targets are approximate to lengthwise ends of said grip.

52. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said skin layer is luminescent.

53. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said skin layer comprises expanded vinyl.

54. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said expanded vinyl has a textured surface.

55. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said expanded vinyl has a smooth surface.

56. A system for providing a secure, safe, releasably attachable grip as in claim 48 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

57. A system for providing a secure, safe releasably attachable grip as in claim 48 wherein said 4-way stretchable layer comprises mylar.

58. A system for providing a secure, safe, releasably attachable grip on a railing comprising:

a railing having a length and cross-sectional circumference;

a 4-way stretchable layer having a inner layer and an outer layer, said inner surface of said 4-way stretchable layer releasably adhered to said railing;

a backing layer wrapped around said 4-way stretchable layer, said backing layer having an outer surface and an inner surface, said inner surface of said backing layer permanently adhered to said outer surface of said 4-way stretchable layer;

a skin layer having an outer surface and an inner surface, said inner surface of said skin layer permanently adhered to said outer surface of said backing layer.

59. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said skin layer has a thickness of between about 6.25 millimeters and about 1/2 millimeter.

60. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said grip has tapered edges.

61. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said grip has alignment targets disposed along its length.

62. A system for providing a secure, safe, releasably attachable grip of claim 61 wherein said alignment targets are approximate to lengthwise ends of said grip.

63. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said skin layer is luminescent.

64. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said skin layer comprises expanded vinyl.

65. A system for providing a secure, safe, releasably attachable grip as in claim 64 wherein said expanded vinyl has a textured surface.

66. A system for providing a secure, safe, releasably attachable grip as in claim 64 wherein said expanded vinyl has a smooth surface.

67. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said skin layer is selected from the group consisting of leather, plastic sheeting, plastic roll stock, foam material, polyurethane, woven fabric, urethane, rubber and foil.

68. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said backing layer material is selected from the group consisting of open cell foam, closed cell foam, elastimer rubber material, felt and paper.

69. A system for providing a secure, safe, releasably attachable grip as in claim 58 wherein said 4-way stretchable layer comprises mylar.

70. A method of wrapping the grip of claim 3 comprising:

providing a railing having a length; and

wrapping the grip of claim 3 around said railing in a spiral such that the tapered edges of the grip overlap to completely cover the length of said railing and such that said grip has a constant thickness.

71. A method of wrapping the grip of claim 5 comprising:

providing a railing having a lengthwise section and a cross-sectional circumference and having alignment targets along its length;

wrapping a grip of claim 6 such that said lengthwise edge of grip 6 is parallel to said length of said railing;

aligning said alignment targets of said railing up with said alignment targets of said grip; and

folding said grip, said grip having a width substantially similar to the circumference of said railing, such that edges of said grip abut when wrapped around said railing.

72. A method of wrapping the grip of claim 14 comprising:

providing a railing having a length; and

wrapping the grip of claim 3 around said railing in a spiral such that the tapered edges of the grip overlap to completely cover the length of said railing and such that said grip has a constant thickness.

73. A method of wrapping the grip of claim 16 comprising:

providing a railing having a lengthwise section and a cross-sectional circumference and having alignment targets along its length;

wrapping a grip of claim 6 such that said lengthwise edge of grip 6 is parallel to said length of said railing;

aligning said alignment targets of said railing up with said alignment targets of said grip; and

folding said grip, said grip having a width substantially similar to the circumference of said railing, such that edges of said grip abut when wrapped around said railing.